



NAME: _____ DATE: _____

This Self-Assessment sheet is meant to provide you with a guideline of expectations of play at your level and what the Evaluators will be looking for while watching you play.

It must be completed and turned into your Evaluation Coordinator by the 1st Sunday of the month before the scheduled monthly evaluations the 3rd week of the month.

3.5 Skill level should also possess all 3.0 skills

- Can consistently dink while changing directions from cross court to down the line forehand & backhand
- Punches volley to the back $\frac{1}{2}$ of opponent court, to keep opponents at the baseline
- Sustains a controlled volley exchange at the net
- Performs 3rd shot drop from the baseline
- Is beginning to dink with a purpose
- Moving forward as a team to approach NVZ for dinks & volleys
- Developing directional control while performing an overhead
- Demonstrates control on forehand groundstrokes (direction, speed, depth, height)
- Demonstrates control on backhand groundstrokes (direction, depth, height)
- Keeps ball in play during rallies and is aware of minimizing errors
- Able to communicate effectively with partner & utilize different strategies to expose opponent weaknesses
- Using deeper and higher returns to approach the net quicker
- Uses offensive lobs effectively
- Demonstrates better placement and depth on serves
- Demonstrates better placement and depth on return of serves
- Improved control when adjusting to different ball speeds (serves, groundstrokes, volleys)

Skill Testing Requirement: Dinks

- Can you:
- _____ 14 out of 20 windshield wiper dinks
- One ball being used for a twenty shot rally moving through FH and BH of kitchen twice through

Skill Testing Requirement: 3rd shot drop from transition area (middle of the court)

- _____ Forehand down the line 8/10
- _____ Forehand cross court 8/10
- _____ Backhand down the line 8/10
- _____ Backhand cross court 8/10

Skill Testing Requirement: 3rd shot drop from baseline

- _____ Forehand down the line 3/5
- _____ Backhand down the line 3/5

Skill Testing Requirement: Overheads

- _____ Overheads 3/5 NOT A TAP

Skill Assessment

3.5 Players

Skill Testing Requirement: Offensive lobs from the NVZ line

- _____ Offensive Lobs 3/5

Skill Testing Requirement: Volleys (Ball lands in directed location)

- _____ Forehand Punch Volley with FORCE, directional & depth control 7/10
- _____ Backhand Punch Volley with FORCE, directional & depth control 7/10
- Balls must land in the back half of the opponents court when the feeder is simulating an opponent at the baseline. Balls must land at the feet of the feeder when he's standing at the NVZ simulating an opponent who is dinking (balls landing a foot behind the NVZ are given credit)

Skill Testing Requirement: Serves (Ball lands in the back half of opponents court)

- _____ Deuce Court 4/5
- _____ Ad Court 4/5

Skill Testing Requirement: Return of serves (Ball lands in the back half of opponents court)

- _____ Deuce Court Forehand 4/5
- _____ Ad Court Backhand 4/5

Ghost Doubles – 3 Games to 11 – Rally Scoring